

Kilograms to Pounds Conversion Chart



1Kg. = 2.2046 Lbs.

MASS-LIFT
Powerlifting Network

| Kilos. | Pounds |
|--------|--------|
| 25 | 55.1 |
| 27.5 | 60.6 |
| 30 | 66.1 |
| 32.5 | 71.6 |
| 35 | 77.2 |
| 37.5 | 82.7 |
| 40 | 88.2 |
| 42.5 | 93.7 |
| 45 | 99.2 |
| 47.5 | 104.7 |
| 50 | 110.2 |
| 52.5 | 115.7 |
| 55 | 121.3 |
| 57.5 | 126.8 |
| 60 | 132.3 |
| 62.5 | 137.8 |
| 65 | 143.3 |
| 67.5 | 148.8 |
| 70 | 154.3 |
| 72.5 | 159.8 |
| 75 | 165.3 |
| 77.5 | 170.9 |
| 80 | 176.4 |
| 82.5 | 181.9 |
| 85 | 187.4 |
| 87.5 | 192.9 |
| 90 | 198.4 |
| 92.5 | 203.9 |
| 95 | 209.4 |
| 97.5 | 214.9 |
| 100 | 220.5 |
| 102.5 | 226 |
| 105 | 231.5 |
| 107.5 | 237 |
| 110 | 242.5 |
| 112.5 | 248 |
| 115 | 253.5 |
| 117.5 | 259 |
| 120 | 264.6 |
| 122.5 | 270.1 |

| Kilos. | Pounds |
|--------|--------|
| 125 | 275.6 |
| 127.5 | 281.1 |
| 130 | 286.6 |
| 132.5 | 292.1 |
| 135 | 297.6 |
| 137.5 | 303.1 |
| 140 | 308.6 |
| 142.5 | 314.2 |
| 145 | 319.7 |
| 147.5 | 325.2 |
| 150 | 330.7 |
| 152.5 | 336.2 |
| 155 | 341.7 |
| 157.5 | 347.2 |
| 160 | 352.7 |
| 162.5 | 358.2 |
| 165 | 363.8 |
| 167.5 | 369.3 |
| 170 | 374.8 |
| 172.5 | 380.3 |
| 175 | 385.8 |
| 177.5 | 391.3 |
| 180 | 396.8 |
| 182.5 | 402.3 |
| 185 | 407.9 |
| 187.5 | 413.4 |
| 190 | 418.9 |
| 192.5 | 424.4 |
| 195 | 429.9 |
| 197.5 | 435.4 |
| 200 | 440.9 |
| 202.5 | 446.4 |
| 205 | 451.9 |
| 207.5 | 457.5 |
| 210 | 463 |
| 212.5 | 468.5 |
| 215 | 474 |
| 217.5 | 479.5 |
| 220 | 485 |
| 222.5 | 490.5 |

| Kilos. | Pounds |
|--------|--------|
| 225 | 496 |
| 227.5 | 501.5 |
| 230 | 507.1 |
| 232.5 | 512.6 |
| 235 | 518.1 |
| 237.5 | 523.6 |
| 240 | 529.1 |
| 242.5 | 534.6 |
| 245 | 540.1 |
| 247.5 | 545.6 |
| 250 | 551.1 |
| 252.5 | 556.7 |
| 255 | 562.2 |
| 257.5 | 567.7 |
| 260 | 573.2 |
| 262.5 | 578.7 |
| 265 | 584.2 |
| 267.5 | 589.7 |
| 270 | 595.2 |
| 272.5 | 600.8 |
| 275 | 606.3 |
| 277.5 | 611.8 |
| 280 | 617.3 |
| 282.5 | 622.8 |
| 285 | 628.3 |
| 287.5 | 633.8 |
| 290 | 639.3 |
| 292.5 | 644.8 |
| 295 | 650.4 |
| 297.5 | 655.9 |
| 300 | 661.4 |
| 302.5 | 666.9 |
| 305 | 672.4 |
| 307.5 | 677.9 |
| 310 | 683.4 |
| 312.5 | 688.9 |
| 315 | 694.4 |
| 317.5 | 700 |
| 320 | 705.5 |
| 322.5 | 711 |

| Kilos. | Pounds |
|--------|--------|
| 325 | 716.5 |
| 327.5 | 722 |
| 330 | 727.5 |
| 332.5 | 733 |
| 335 | 738.5 |
| 337.5 | 744.1 |
| 340 | 749.6 |
| 342.5 | 755.1 |
| 345 | 760.6 |
| 347.5 | 766.1 |
| 350 | 771.6 |
| 352.5 | 777.1 |
| 355 | 782.6 |
| 357.5 | 788.1 |
| 360 | 793.7 |
| 362.5 | 799.2 |
| 365 | 804.7 |
| 367.5 | 810.2 |
| 370 | 815.7 |
| 372.5 | 821.2 |
| 375 | 826.7 |
| 377.5 | 832.2 |
| 380 | 837.7 |
| 382.5 | 843.3 |
| 385 | 848.8 |
| 387.5 | 854.3 |
| 390 | 859.8 |
| 392.5 | 865.3 |
| 395 | 870.8 |
| 397.5 | 876.3 |
| 400 | 881.8 |
| 402.5 | 887.4 |
| 405 | 892.9 |
| 407.5 | 898.4 |
| 410 | 903.9 |
| 412.5 | 909.4 |
| 415 | 914.9 |
| 417.5 | 920.4 |
| 420 | 925.9 |
| 422.5 | 931.4 |

| Kilos. | Pounds |
|--------|--------|
| 425 | 937 |
| 427.5 | 942.5 |
| 430 | 948 |
| 432.5 | 953.5 |
| 435 | 959 |
| 437.5 | 964.5 |
| 440 | 970 |
| 442.5 | 975.5 |
| 445 | 981 |
| 447.5 | 986.6 |
| 450 | 992.1 |
| 452.5 | 997.6 |
| 455 | 1003.1 |
| 457.5 | 1008.6 |
| 460 | 1014.1 |
| 462.5 | 1019.6 |
| 465 | 1025.1 |
| 467.5 | 1030.7 |
| 470 | 1036.2 |
| 472.5 | 1041.7 |
| 475 | 1047.2 |
| 477.5 | 1052.7 |
| 480 | 1058.2 |
| 482.5 | 1063.7 |
| 485 | 1069.2 |
| 487.5 | 1074.7 |
| 490 | 1080.3 |
| 492.5 | 1085.8 |
| 495 | 1091.3 |
| 497.5 | 1096.8 |
| 500 | 1102.3 |
| 502.5 | 1107.8 |
| 505 | 1113.3 |
| 507.5 | 1118.8 |
| 510 | 1124.3 |
| 512.5 | 1129.9 |
| 515 | 1135.4 |
| 517.5 | 1140.9 |
| 520 | 1146.4 |
| 522.5 | 1151.9 |